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FOR IMMEDIATE RELEASE

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Get Your Flu Shots Now

EAU CLAIRE- November 19, 2013 – Give Yourself, Family, and Friends a Holiday Gift – Get Your Flu Shot Now!

Although the flu has not yet hit Wisconsin hard, don't procrastinate getting your flu shot. Typically influenza cases increase as the winter progresses. Plus, the start of the holiday season is only 2 weeks away! It takes 2 weeks after you get the shot for it to fully protect you against the flu. The holidays bring family gatherings, parties, shopping, and travel. We all want to enjoy these moments without getting or spreading the flu. Remember the elderly and babies are the most vulnerable to influenza. Give yourself, family, and friends a gift – get your flu shot now!

Flu shots are available at many clinics and pharmacies throughout the community. For a list of the clinic dates and times at the Eau Claire City-County Health Department, see www.echealthdepartment.org. For information about where to find other flu shots within the community, call the community resource helpline 2-1-1.

More information on the influenza can be found at the Centers for Disease Control at www.cdc.gov/flu/